

# Demographic expert to speak locally

BY SUE BUCK  
STAFF WRITER

Kurt Metzger, research director for the Center for Urban Studies and director of Michigan Metropolitan Information Center (MIMIC) will speak on demographic trends at a meeting of the Farmington/Farmington Hills Multicultural/Multicultural Council.

He's researched population shifts in the metropolitan Detroit area, as well as changes in population based on racial and ethnic characteristics.

Metzger will speak at 11 a.m. Thursday, Jan. 16 in the Farmington Hills Council Chamber in city hall, located at 11 Mile and Orchard Lake. The MCMR meeting is open to the public.

Lunch will be provided at no cost. "The metropolitan Detroit area is the most segregated area in the United States," said Metzger, who has studied integration and segregation.

He expressed an interest in the Farmington area's rich diversity. About 85 different languages are spoken by Farmington Public School students in their homes.

Metzger received a master's degree in experimental psychology in June 1974 from the University of Cincinnati. He earned a bachelor's degree in psychology/sociology in August 1969 from the same school.

A Cincinnati native, Metzger moved to Sterling Heights in 1975 and began work with the Census Bureau. He was there for 15 years in the Detroit Regional Office.

During the last 10 years, he organized and directed the data services program in the tri-state region of Michigan, Ohio and West Virginia.

Metzger came to Wayne State University's Center for Urban Studies in May 1990 as a senior research analyst with the MIMIC program. He became director of MIMIC in October 1993 and center research director in May 2000.

MIMIC conducts a variety of research, education and service programs designed to improve the understanding of population and housing patterns in metropolitan Detroit and urban America.

Metzger has brought his demographic expertise to a number of state and local organizations, including Michigan's Children, United Way/Community Services, the Detroit Regional Chamber of Commerce and the Southeast Michigan Census Council.

A frequent keynote speaker at area events, Metzger said he represents the beginning of the baby-boom generation. He lives in Pleasant Ridge with his wife and daughter. The couple also have a son who is married and lives in Chicago.

To reserve a spot, call Gail in the Farmington Hills city manager office at (248) 473-9500.

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# Common Ground loses funding appeal

BY KURT KILBAM  
STAFF WRITER

Oakland County's only transitional living program for homeless teens has lost its federal funding, which could prove to be its death knell.

Officials of the Common Ground Sanctuary, a Bloomfield Township-based, nonprofit agency that helps youth and families in crisis, received the news Tuesday.

U.S. Health and Human Services Department officials sent a letter informing the group its program called A Step Forward didn't earn the \$200,000 annual grant, which it had previously received since 1989.

Common Ground spokesperson Martha Buttons said the federal grant covered half the cost of A Step Forward, the only program of its kind in the entire metro Detroit area open to both boys and girls.

Although disappointed, she said the organization is currently

exploring its options.

"Right now we're going to see if there is any recourse to this decision. We don't know if there is an official appeal process, but if there is, we're certainly going to appeal this," Buttons said.

When Common Ground officials were first informed they would not receive the funding back in December, they immediately contacted U.S. Sen. Carl Levin and U.S. Rep. Joe Knollenberg (R-Bloomfield Township). Both congressmen appealed to Health and Human Services on the organization's behalf. The agency went back and looked at the scoring process for all grant applications, but determined Common Ground didn't make the cut.

Harry Wilson, associate commissioner with the Family Youth and Services Bureau, a branch of Health and Human Services, said Common Ground's application just didn't receive enough points. He said the scoring was done by 300 non-agency social workers.

"There was no problem with their program," he said. "The fact is, we had 253 applications, but could only fund 74 programs. We just ran out of funding. It's as simple as that. Obviously there is a larger demand than there are number of grants."

Common Ground was one of 22 previously funded programs that didn't earn a grant this year.

Approximately 20 teens each year enroll in A Step Forward, which is open to individuals between the ages of 16 and 20. Not only do the teens receive housing at a sanctuary in Royal Oak, they also learn life skills and must enroll in college.

Buttons said Common Ground will reapply for the same grant in May. If it doesn't get it, at the very least, she said the program will remain open through September.

"We are fully committed to keeping the program open for the remainder of the year, because we're not going to put anyone out on the street."

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# Detroit Mayor to speak at East

On Thursday, Jan. 16, East Middle School will present *Leave Your Mark*, a program honoring the life and legacy of Dr. Martin Luther King Jr. The program, which begins at 9:45 a.m., will feature guest speaker Kwame Kilpatrick, Mayor of

Detroit. The program, sponsored by the East Middle School Multicultural Committee, will feature music performed by the East Encore Choir and band and a video presentation of the school's

*Leave Your Mark* project. The art department at East, under the direction of art teacher Beth Intrau, has created a school/community art project that promotes the importance of making a difference in the world. The project entitled *Leave Your Mark* had every student and staff member at East Middle School putting their thumb print in a small piece of clay. The thumb prints were then combined together in the shape of a giant thumb print.

This will be a permanent display at East, filling one wall from floor to ceiling.

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Trigger points are acutely named. They are specific sites on the body that when firmly pressed cause pain. The discomfort may be at the site where you exert pressure, or the pain may radiate out from the place it began. Common locations include the neck, the shoulders, low back and thighs and it is a feature of fibromyalgia and myofascial pain syndrome.

The cause of trigger points is unknown and is difficult to assess because the sites vary in any individual. In addition, the degree of touch or pressure needed to set off the trigger point changes frequently. To date, investigations have failed to uncover damaged nerve endings or the presence of an inflammatory chemical specific to trigger points.

However, physicians seeing patients with trigger points must treat the pain. Doctors use many approaches including acupuncture, physical therapy, massage, anti-inflammatory medication, and corticosteroid injections into trigger point sites. As yet, no one or combination of the above has provided consistent relief. My personal preference is to rely on heat and massage and limit steroid injections since trigger point pain tends to return to the same or different sites. Heat and massage, which can be repeated as needed, are preferable to joint injections that over time can prove deleterious.

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